

**Linda Clair**  
**Five-day Meditation Retreat**  
**Kallara Conference Centre, Australia – June 2019**  
**Transcription from Audio Recordings**

**File 4a – Tuesday morning guided meditation**

Linda: So take a few deep breaths into the belly. Feel your body. Just be aware of the sensations in your body. Don't visualise, try not to judge whether they're good or bad, just feel the sensations. Try not to label them as pleasurable or painful. Be as neutral as possible.

So make sure your back is quite straight, but without being rigid. Discipline does not need to be rigid; structure does not need to be rigid. And every now and again you might need to gently straighten your back. So feel the sensation of your eyelids on your eyes. Feel the back of your head. And keep breathing into the belly. You're here in your body, you're nowhere else, you don't need to be anywhere else, you're simply here and that's enough.

So feel your tongue touching your palate, feel your jaw, your chin. Feel your shoulders. Go to your left shoulder, go down your arm to your left elbow and feel in your elbow, not on your elbow but in, in your body. Then go down to your left hand and feel your hand. Feel your thumb and each finger. And you might have done this hundreds of times before, but now is now. Now is always changing, it's never the same.

So take your attention to your right shoulder and go down your arm to your right elbow. Then down to your right hand and feel your hand. And feel your thumb and each finger. Keep breathing into the belly, going as deeply into your body as you can. Because everything you want is in your body – it's not in someone else's, it's not outside, it's in you – everything.

So take your attention to your chest, and as you breathe in and out, and it's good to breathe in and out through the nose, feel the gentle movement of your chest as your body is breathing. And the breath will naturally change. Sometimes, particularly at the beginning of a sit, it's good to breathe a bit more deliberately down into the belly just to reaffirm your intention – "I'm going to stay here, sit here, whatever happens."

Then take your attention down to the abdomen, the furnace, where things are burned away. Your past is being burned away. You don't need it; you think you need it but you don't, because there's only now. Everything happens now. Nothing ever happened or will happen – it's all happening now. It's always now.

So feel your abdomen rising and falling with the breath. It's a very tangible movement. If you've ever watched a baby breathing they breathe in the belly. So feel your thighs, your left knee, your right knee. Feel your feet, really feel them. Then go to your spine from the top of the spine down your back to the bottom of the spine. Then again feel your whole body. So this isn't necessarily about feeling relaxed. You might feel relaxed but you might also feel quite a bit of tension as the past is dissolving within your body.

So the practice is very simple. And this practice has been around for thousands of years. Each time you realise you've been lost in thinking – doesn't matter what you're thinking about, the subject is not really important. Each time you realise you've been lost in your imagination turn around and bring your attention back to the breath in the abdomen. So you're using your breath, the breath in the abdomen, as an anchor, a deep anchor within your body. It's not an avoidance, it's where you really are. Just reaffirming again and again, "I'm here in my body."